

Fresh Black Beans

Black beans are a fascinating, low work, high yield plant. Plant them, water them, and they are the first bean to grow. Don't pick the beans until the pods and the plants die and dry up. Harvest when you have time to shell them. Shell them within a few days, or the beans may begin to grow in their pods. At this point, wash and boil the beans on a low simmer for a few hours. After they cook and cool, they can be frozen in individual, meal sized amounts. A half bushel basket of bean pods yields about 24 servings.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later
- C. Check and stir each hour

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:

Potential Food Allergy or Intolerance:

- Beans
- Pepper
- Spices

Meatless Preparation Avoid:

- Butter
- Substitute with: _____

Utensils:

- Fork
- Pot holders
- Spoon
- Pan: 1 double boiler

Ingredients:

Meat: None

Vegetables:

- 15 ounces of black beans

Other ingredients:

- 1 tablespoon of butter
- Dash of salt
- Spices such as pepper to taste

Preparation time:

Hours to shell them

10 minutes to rinse beans

Preparation:

1. Shell black beans.
2. Rinse beans 2 or 3 times in warm water.
3. Allow double boiler to boil at medium heat.
4. Turn down to a simmer, and stir at least every half hour until done.

Cook Temperature: Medium to low

Cook Time: 3 to 4 hours

Servings: Varies based on amount of beans shelled

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.